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The Orthodox Herald

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WONDERING WHY?

Why do we call the day Pentecost?

It is called Pentecost because the event took place 50 days after Easter/Pascha. Penta is the Greek word for "fifty."

Why is Pentecost called the birthday of the Church?

It is given this designation because it became a visible community in the world, professing faith in the Lord, Jesus Christ. Prior to this, it was more an individual matter.

Why is Pentecost sometimes called Green Sunday?

It gets this name from the green grass and branches which are used to decorate the church and homes.

Why are green branches and grasses used to decorate our homes and churches?

The green signifies life. The custom is founded upon the readings in Lev. 23:10-17 and Num. 28:16. The trees and flowers are tokens of the renewal of nature in the spring, typifying also the renewal of people through the indwelling of the Holy Spirit.

Why is vespers served right after the Divine Liturgy on this day? "O Heavenly King, Comforter, Spirit of Truth, Thou Who are everywhere present and fillest all things..." is sung at the beginning of the service. The service concentrates on the Holy Spirit and entreats its coming. We emulate the Apostles who were "all in one place" when the Holy Spirit descended upon them.

Why does the congregation hold flowers or greens during the services on this day?

To remind them that individually they are looking for Pentecostal renewal.

Why are branches placed over and near the doors?

They are so placed because the stirring of the leaves by the moving air reminds us of the Holy Spirit, and the rustling sound

(Continued on Page 9, Col. 1)

Father,
There is a wide-eyed little fellow
Who believes you are always right;
And his ears are always open
As he watches day and night.

You are setting an example
Every day in all you do,
For the little boy who is waiting
To grow up to be like you.

Edgar A. Guest

TWO PENTECOSTS

There is a Pentecost mentioned in both the Old and the New Testaments. In the Old Testament it occurred fifty days after Passover; in the New Testament it occurs fifty days after Easter/Pascha.

They both celebrate a version of exodus. In the Old Testament, the passover celebrated the exodus of the Israelites from the slavery in Egypt and the Pentecost celebrated God's gift of the ten commandments to Moses on Mt. Sinai. In the New Testament, the passover event takes on its new meaning as the celebration of Christ's death and Resurrection, the "exodus" of people from this sinful world to the Kingdom of God; while Pentecost is fulfilled and made new by the coming of the "New Law," the descent of the Holy Spirit upon the disciples of Christ.

"When the day of Pentecost had come they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues of fire, distributed as resting upon each one of them. And they were filled with the Holy Spirit." (Acts 2:1-4)

We note that the Holy Spirit which Christ had promised to His disciples came on the day of Pentecost. (John 14:26 15:26; Luke 24:49; Acts 1-5) When the apostles received "the power from on high," they began to preach and to bear witness to Jesus as the Risen Christ, the King and the Lord. This day has traditionally been called the birthday of the Church.

(Continued on Page 9, Col. 1)

CARRYING YOUR BURDEN

A woman was rushing to catch a train to take her from her suburban home to the city nearby. She was carrying a suitcase and it was obvious she was in a great hurry. Finally she broke into a run and caught the train just as it left the station.

A man on board had been watching her and when she got on board, he saw that she continued to hold her suitcase tightly clutched in her hand. Finally, he touched her arm and said: "Lady, you can put the suitcase down now; the train will carry it for you."

Isn't this a vivid description of the way many of us live today? We have a suitcase full of fears, worries, stresses and anxieties, and we clutch it tensely and nervously as though we can never put it down.

There is a time to carry the suitcase, but there is a time to put it down. There is a time to face the problems that confront us with all the wisdom and energy we possess; but we shall not do a good job carrying them unless we have learned the art of unloading.

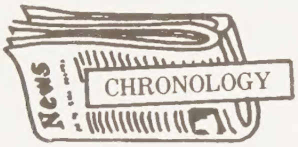
What are some of the secrets for putting the suitcase down? Some people find the answer in hobbies, some in frequent trips to the shore or mountains, some in reading, in painting or in music, some in finding congenial, loving friends. Some drop their cares as they gather with spouse or their families in the simple joys of home life.

However, one of the best answers to the problem, and one that is available to all of us, is to recognize the burden-sharing resources that are around us in God's world. A free translation of Jesus' words in Matthew 11:28 might read: "Come to Me if you have a burden that is too heavy for you, and I will help you carry it."

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The person who takes time for prayer will find ample time for all the other things needing his attention.

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JUNE 1997

HAVE YOU BEEN VOLUNTEERED TO TAKE OVER THE CANTORING OR CHOIR DIRECTING in your parish? You have a unique opportunity to learn how to be more efficient and to follow proper technique by enrolling in classes being offered at Holy Trinity Monastery in Jordanville, NY. Write to Fr. Andre Papkov at 54 Fourth St., Ilion, NY 13357 or call (315) 894-6274. The Summer School of Liturgical Music runs from 6-19 July with workshop on Choral Techniques from 20-26 July.

FUNERALS BY CORRESPONDENCE – this is what the 130,067 out of 244,180 funerals in Russia are called if there is no priest present at a funeral and soil is taken from the grave and sent or taken to a church where a special service is held over it. The soil is returned to be placed on the grave. We were at such a service in St. Petersburg in the early 1900's and helped sing the responses. The soil from many graves were on the tetrapod. Those present stood holding lighted candles.

Russian Proverb – Straddle two horses, and you'll fall in the mud.

THE MUSEUM OF RUSSIAN ICONS AND ANTIQUITIES at St. Tikhon's Monastery in So. Canaan, PA may be visited by appointment. Call (717) 937-4411 to visit the largest presentation in America of the Orthodox heritage in an ecclesiastical setting.

THE ANNUAL MEETING of the Orthodox Christian Association of Medicine, Psychology, and Religion, PO Box 958, Cambridge, MA 02238 will be held on Nov. 6-9 at Hellenic College. It shall emphasize the Institute on Marriage and Family and try to formalize goals for national references, etc. If interested, write to above or call (617) 495-7728.

ST. ANDREW'S CHURCH IN PHILADELPHIA celebrated its 100th anniversary on May 17, 18. It is the oldest parish in Philadelphia and was founded by Galician (Lemko) and Russian sailors. The church was consecrated by St. Tikhon, who later became Patriarch of Russia and was served by St. Alexander (Khotovitsky).

NEVER TOO OLD. John Sharp of St. Ignatius Catholic Church in Baltimore celebrated his 101st birthday in February. He is possibly the oldest altar server in the nation. Men are traditionally altar servers in the Orthodox Church. It is only recently that young males are so honored. Sad to report that in some parishes, the young men stop serving in the altar when they graduate from high school.

ICOMATIC is an automatic vending machine which dispenses icons when fed a special token according to the Italian daily newspaper "La Repubblica." "The self-service system will guarantee discretion in the choice, will eliminate queues, and will assure a religious image for all," says the paper.

AN ORTHODOX YOUTH CONFERENCE will be held in South America in July. The youth often feel neglected and spiritually starved in a part of the world which is strongly Latin and Roman Catholic in culture. The conference would show the young people that they are not alone, but are part of a Church which is spread all over the world. To help: contact 1997 Western Hemisphere Youth Conference, c/o Father Theophylact, Holy Trinity Seminary, PO Box 36, Jordanville, NY 13361-0036.

HOW ABOUT A GIFT SUBSCRIPTION to The Orthodox Herald for that person who never missed church but is now housebound?

A SCIENTOLOGY GROUP has been banned in Greece. The court ruled that the group had obtained their license under false pretenses. Scientology founded in 1954 by U.S. science fiction writer Ron Hubbard has generated controversy in many places around the world.

THEOLOGICAL RESEARCH EXCHANGE NETWORK, PO BOX 30183, Portland, OR 97294-3183 or call 1-800-334-8736 is making available theses and dissertations of most graduates of St. Vladimir and Holy Cross Seminaries. Those from other seminaries will be available soon.

SYNDESMOS, the International Orthodox Group, has events scheduled all over the world on subjects from conservation to bioethics. Write PO Box 22, 15-950 Bialystok, Poland for calendar of events.

THE GLORY OF BYZANTIUM continues at the Metropolitan Museum of Art in New York through July 6. Many icons and other religious artifacts are exhibited as well as other items from early Byzantium. It is an assemblage of more than 350 artworks drawn from 119 collections in 24 countries.

CATHOLIC NEWS SERVICE in an interview with Sen. Santorum, R-Pa., revealed that he said that Catholic Charities does good work but asserted that it should not be called Catholic because rules that come with government funding keep it from offering a fully Catholic ministry. He feels that a true Catholic charity would not only carry out government policy but preach the faith and provide food for the soul as well as the body.

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The family name of the Romanovs was derived from Roma Nova, New Rome. It embodied the ancient prophecy that Moscow was to become the "New Rome." The family originated with Prince Prus, brother of Emperor August of Rome, who founded Prussia. In 1614, Michael became the first Romanov Czar.



•Wondering Why?

is symbolic of the movement of the Holy Spirit.

Why are the kneeling prayers read with such pomp?

There are many traditions connected with the reading of the prayers. The priest reads them in the doorway of the Royal Gates. The book from which he reads is placed on a pillow which is placed on a low table. He faces the people because the Holy Spirit is asked to descend on the "whole" church. On this day, the bells are rung in a special way.

Why should we listen to the prayers so attentively?

We are asking the Holy Spirit to descend upon us. Besides this, the prayers contain a summary of Orthodox doctrine. They recapitulate the whole Divine Economy of salvation; they indicate all that God has done for us since the creation, and they earnestly entreat the gifts of which we are in need.

Why is the Holy Spirit so important?

There are many reasons but perhaps the best, concentrated answer is given in Gal. 5:22-26, where it is written: "But the fruit of the Spirit is: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."

•Two Pentecosts

In the liturgical services of the day, the coming of the Holy Spirit is celebrated together with the full revelation of the Divine Trinity: Father, Son and Holy Spirit. This is why this day may also be called Trinity Day or Holy Spirit Day. It is also called Zeleni Svatke or Green Sunday.

WINTER'S GRACE

As the inconveniences of advancing age keep multiplying, the words of the inspired psalmist should often figure in our prayers.

"In You, O Lord, I put my trust. Let me never be put to shame... For You are my hope, O Lord God; You are my trust from my youth...O God, You have taught me from my youth; And to this day I declare Your wondrous works...Now also when I am old and gray headed, **O God, do not forsake me.**" (Psalm 71:1,5,17,18)

ETHNIC CHUCKLE

Dorohaya Tyotya Mareeyah,

Yah taka barz ashamed for what I did. Tak peeshlo.

Me neighbor, tota Americanka, pokleekala me nah telephone ee kazhe do mene. "Anna, you might be interested in coming to my church this evening because there will be some Russian Gospel Singers." Ya dumam yak Gospel Singers mohlee praytee ot Russia, noh yah poveela yeh, "OK, I go with you."

Me peeshlee. Taka velika church. Taka krasna ee shumnah. Inside, shitkee bullee barz friendly ee nam kazalee: "Glad to see you." Me peeshlee doh seat, ee yah pozeerayou around. Yah neh moving me holovu boh yah neh hotchila looking yak taka zhe never went anywhere. Yah just moving me eyes around. Yah neh veedeela ikonostasah ili ikonee.

Preshlo time nah service. Minister peeshol nah front stage ee dal introduction nah four gospel men singers. Totee young men preshlee nah front ee kazhyut zhe ohnee gotta set up. Yah bulla taka shocked kolee ohnee klalee speakers ee shitkee kind of electronic equipment nah altar. Yoh! Yoh! Yoh! A kolee nachalee speevatee ee kretchatee - no difference che po ruskee chee po angleetskee. Tak loud, ee takee rock ee roll beat zhe yah dumam zhe yah scrazyuyu. Yah dumam zhe yah u night club! Yah dumam Bozheh chomyuh yah tu preeshla. Yah for sure go to spoveed ee buduy ask for veliku pokutu.

Ohne speevalee couple numbers ee make collection. Yah veedeela zhe druhee dalee dollarah, toh yah dala dollarah.

Some time later, proseelee druwhu zhertvoo. Yah look in me pocketbook ee neh mah neech except me lucky penny. Yah getting taka chervena ee nervous. Me neighbor whispered; "It's such a good cause isn't it Anna?' Ya bula taka embarrassed boh yah veedeela five dollar bills in basket. Me neighbor dalla me takee poke ee said: "Hurry, Anna, you're holding up the collection." Yah quickly put me hand in me pocketbook, nashla S&H green stamps, crumbled them up ee sneaked them into basket nah side.

On the way domu me neighbor kazhe: "Anna, did you see someone had put S&H green stamps into the collection basket? How cheap can you get?

Yah told her: "Some people will try anything, won't they?"

EE Tak peeshol me experience with the Russian Gospel Singers.

Butdte Zdrovee,

Still have lucky penny,
Hanya

ORTHODOX CASSETTE PROJECT

We are making cassettes available for each Sunday of the year. These cassettes contain the Bible reading for the Sunday, a poem, and sermon in English, and Choir music by the best choirs in the world. Most of them are sung in Church Slavonic. The cost is $5 for a cassette, which has 2 radio programs for Sunday recorded. For the whole year, which contains 27 cassettes, send $130. There is no additional cost.

We have had so many orders that our recorder wore out. We have replaced it and are now catching up on our orders. The cassettes for June are:

No. 10 John 17:1-13; John 7:37-68, 8:12. Compositions of Ivan Ipalitof-Ivanov and Archangelsky. Choirs from Holland, Washington. Tzaryu Nebesne by Afonsky.

No. 11. Matt. 10:32-33, 37, 38; 19:27-30; Matt. 4:18-23. Works of Tchaikovsky, Gretchaninoff, Chesnikov, Rimsky-Korsakoff. Choir-Tchaikovsky Ensemble.

There is much more on each tape. We receive many letters, one of them read: "I bought a set of tapes for my mother who can no longer get to church regularly. She can now stay in tune with the Church calendar and feels part of her parish. Thank you for your efforts."

A PSALM OF SUMMER

"now it came to pass that spring turned to summer again. God's people raised their voices and said: 'Recreation is my shepherd, I shall not stay home; He maketh me to lie down in a sleeping bag; He leadeth me down the interstate each weekend. He restoreth my suntan; He leadeth me to state parks for comfort's sake. Even though I stray on the Lord's Day, I will fear no reprimand, for Thou art with me; my rod and reel they comfort me. I anointest my skin with oil, my gas tank runneth dry; Surely my trailer shall follow me all the weekends this summer, and I shall return to the House of the Lord this fall.' But then it is hunting season and that's another psalm."

ALASKA FUND

Helping to send copies to Alaska are: Mary Reichenbach, Alex Fedec, Dorothy Laskovich, Dr. Ralph Slepecky, Anna Daly, Ethel Watlock, Michael and Julia Prokopchak, Bishop Roman, Dr. and Mrs. Frank Rusinko, Jr., John Hrapchak, Olga Evans, Anonymous, Andrew Popovich, Julia Prica, Pauline Vinay, Julia Vanderpool, Angelyn Mitchell, Joseph and Diane Burchick send Paschal Greetings.

WEEKLY MEDITATIONS

June 1 - Sunday of the Blindman - 6th Sunday of Pascha - Acts 16:16-34; John 9:1-38.

O Christ the Light, You bring illumination to our souls and bodies and healing to those who seek You with their whole heart. When You gave sight to the man born blind, You revealed Yourself as God of mercy and love. Look with Your merciful eyes on those inflicted with spiritual or physical blindness. Bless us with insight, discernment, and humility. O merciful Savior, listen to our humble plea, and have mercy on us.

June 5 - Ascension - 40th Day of Pascha - Acts 1:1-12; Luke 24:36-53.

O Lord and Lover of our souls, You ascended into the clouds in the presence of Your most-holy Mother and disciples, to be seated at Your Father's right hand, and to unite all earthly things to those in heaven. You promised not to leave us orphans on earth, but, would send the gift of the Holy Spirit upon the world to empower us with divine grace. Prepare our hearts for the coming of the Holy Spirit. Strengthen our commitment to You. At Your second Coming, may our baptismal robes be as pure as the garments of the angels who proclaimed Your holy Ascension. O Lord, our hope and joy, listen to our fervent petition, and have mercy on us.

June 8 - Sunday of Holy Fathers. 7th Sunday of Pascha - Acts 20:16-18, 28-36; John 17:1-13.

Lord Jesus Christ, the eternal High Priest, You established the Church with Your own Blood, and established the Holy Fathers as lights upon the earth, guiding us toward salvation. Guide all Patriarchs, Metropolitans, Archbishops and Bishops with Your Holy Spirit; that they may tend the flock that You entrusted them. Grant them wisdom and discernment, spiritual strength and gentleness, as they faithfully dispense the Word of Your truth. O Giver of all Good Things, hear the prayer of Your servants, and have mercy on us.

June 15 - Descent of the Holy Spirit - Acts 2:1-11; John 7:37-52, 8:12.

O Loving Master, Lord Jesus Christ our God, on the Day of Pentecost, You sent down the gift of the Father, the most-holy Spirit upon those gathered in the Upper Room, to fulfill the plan of redemption for us. You bestowed upon the Apostles the courage to bring the saving power of the Good News to all the ends of the earth. Purify us with Your Holy Spirit. Look down and visit us in Your goodness. Illumine our paths with Your light, so that in one accord, we may walk together toward Your promised Kingdom. O Lord, glorified in the Holy Trinity, hear our joyous voices on this most festive day, and have mercy on us.

June 22 - Sunday of All Saints - Hebrews 11:33-12:2, Matthew 10:32-33, 37-38, 19:27-30.

O Lord Jesus Christ, grant us the grace to confess You before all people and the courage to love You above all else. May the witness of the martyrs and saints who have pleased You from the beginning of time and their heroic deeds show us the road toward Your promised Kingdom. O Lord, hear this prayerful supplication and have mercy on us.

June 29 - Second Sunday after Pentecost - Romans 2:10-16; Matthew 4:18-23.

O Lord and Savior, Jesus Christ our God, You summoned Your apostles to follow You, and leaving their nets, You made them fishers of men. You call us to Yourself also and invite us to not be just listeners to Your life-giving words, but doers. Walk with us as we travel on the sea of life. Open our minds that we may understand the message of the Gospel. On the Day of Judgment, be merciful to us because You know our innermost thoughts and intentions, listen to our humble plea, and have mercy on us.

Raymond Mastroberte

COME WITH US

Once again we will be circling the Carpathian Mountains to revisit the lands of the former Austro-Hungarian Empire from which most of our Orthodox forefathers migrated. We will visit castles, museums, listen to gypsy music, watch ethnic dances, attend church services, visit historic churches, reconstructed villages, the historic St. Nicholas Monastery from which Christianity spread in this part of the world and enjoy a day and meals in several village homes.

We travel by air-conditioned bus with full facilities and the tour is so structured that there is a minimum of unpacking and packing and time for rest for those who need it. Time is short, respond immediately: **Tour, PO Box 9, Hunlock Creek, PA or call (717) 256-7232 and we will send you more details on the 5-16 September adventure.**

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The good we do today becomes the happiness of tomorrow.

Dabs of Thoughts

A father's most powerful lesson is his personal example. If he is rude to his wife and children, they will learn to be rude as well. Have you provided a constant pattern of courtesy to the young "disciples" in your home?

Isn't it odd that America, which is the most religious country in the West, has not produced any great religious art?

June 14 is All Souls Saturday. You are encouraged to attend the Divine Services and ask the Lord's blessing that the departed may rest in a place of light, where there is no pain, sorrow nor mourning, but everlasting life.

Prayer is not a garage from which we borrow God's tools to take home and work out our own problems. Prayer is submitting to the Master Mechanic to do the repairs.

True greatness is not found in power and prestige, it is discovered in humility and service to God and our fellowman.

Remember there is no kneeling in prayer until the kneeling prayers at Pentecost Vespers on June 15.

In contrast with Western religious art, the traditional Orthodox ikons are considered sacred liturgical objects, similar to the sacraments or the gospel. Up to the 16th century, the anonymous painters were monks, who carefully copied the details from the books of emblems, where these illustrations were recorded.

True wisdom consists in patiently bearing afflictions and not accusing others of causing them. (Mark the Ascetic-5th C)

We hear it said so many times that Orthodox must keep in touch with the modern world. Surely this is important provided they are deeply in touch with God.

Someone doing their genealogy found that Gedo/Grandfather lived in four different countries and in one Empire. He lived in Hungary, Ukraine, Russia, Poland, Slovakia and the Austro-Hungarian Empire of Franz Joseph. What was confusing for the one collecting data was that Gedo had never moved, he lived in the same house! The borders shifted.



EDITORS' NOTES

In the March issue we wrote about the part potatoes play in the life of the average inhabitant of the Carpathian area. To confirm the information we gave, we recently received information that more than half the population is involved in growing potatoes in an effort to adapt to the difficult times. This is reminiscent of the depression years in the U.S.

Last Pentecost, we visited several churches to see how they were decorated for the Holy Day. Some churches had a small green branch fastened to the front pew. Some had much green in the flowers near the altar. However, one church had 8-foot birch trees tied to the ends of all the pews – it smelled so fresh and looked so verdant, truly typifying "the renewal of mankind through the indwelling of the Holy Spirit." Then there was the church, that not only decorated the church until it looked like an arbor but herbs and grasses were strewn on the floor according to the old tradition. What a joy!

So many full sets of our cassettes are being ordered that we have already wore out a machine. Our new electronic machine is also getting quite a workout. The letters we receive are full of nostalgia for the days of full choirs and music sung well in our churches.

Father's Day in recent years seemed tinged with melancholy. The sense was of loss. The statistics showed that 40 percent of American children do not live with their biological father. The situation was so bad that people became aware of it. How blessed are those who have or had a goód, God fearing father!

The Council of the OCA has been postponed until 1999. It was impossible to complete arrangements. Perhaps it is time to think about going "back to basics." In Sobors many years ago, many more adherents were represented at the no frills business meetings, the one group photo, and the banquet. The Councils have expanded their horizons until making arrangements for a meeting almost takes a person working full time.

Many of our parishes started Bible Study classes several years ago. This was accompanied by a push to send Bibles to Eastern Europe. Now consensus is that study of the Bible is good, but it is not enough. There is a need to understand about the Orthodox Church in order to defend it against influences from the outside. There is a need to study about the Orthodox Church. The Orthodox Herald with its wide assortment of articles is being used in many more religious education classes or included in the mailings of bulletins. We will gladly send you information on how you can sponsor the Packet Plan in your parish.

One of our most used statements is "Hang in there." (Trimaysya) What does it mean? When you reach the end of your rope, tie a knot and hold on: God will see you through.

The Stroyens

BABAS' LEADERSHIP

The Babas are no more! Those women of undeterminable age who were found in the front of the church so that they could be as close to the altar as possible. They always occupied the same spot and "led" the congregation in when to sit or stand, kneel or make the sign of the cross. At Holy Days they knew the traditions which surrounded the day and again were examples for those who were further back in the congregation. They were wonderful women and knew the services by heart. As a child, I admired them whispering the service both the part of the celebrant and of the respondents. We have been rapidly losing these women who had this unassigned function in the congregation. They didn't speak about having a greater function in the Church - they already had a natural function as teachers and leaders Their place was taken by the priest's wife who took her place at the front where the actions of the congregation did not disturb her.

Now that the Babas are gone and the priest's wife either directs the choir or considers that she has no responsibilities in the parish, people are crowding in the back of the church hoping that someone more knowledgeable will move in front of them.

Starting next month, we will feature articles entitled "The Babas Taught Me." If you have any ideas, let us know.

PRESS FUND

The Orthodox Herald is still going strong because of your help. Spasebo. We recently heard that when we first started to publish some people said that it would not last very long because we had no experience publishing. The need is still here and we certainly have experience now. Those who helped us this month are: Juliana Kuzmack, Mary Reichenbach, Ceil Watson, Dr. Dimitrios Pappas, Leona Hutchko, Paul Laskovich, Anna Borovoy, Anna Hudak, Helen Dzugan, Allen Lucas, John Glagola, Jr., Dee Baumgarten, Dorothy Laskovich, Mona Muller, Dr. Ralph Slepecky, Anna Daly, Mary Ann Carmack, Ethel Watlock, Len Myers, Mary Kochmaruk, Ellen Katchur, Fr. Ralph Penzenik, Anna Kosct, Daniel Lizotte, Pauline Vinay, Irene Allen, Steve Yevich, Angelyn Mitchell, Daniel Holovach, Dr. and Mrs. Frank Rusinko, Jr., Olga Peck, Mary Kobani, John Hrapchak, Irene Allen, Andrew Popovich, Leona Hutchko, Frank and Helen Kerch, John Lukatchik, Julia Vanderpool, Alexandra Spanovich. Presbytera Demetra in memory of Fr. Constantine Leftheris who died Dec. 24, 1993. Paschal Greetings from Julia Blisak. Helen Magyari in memory of Bill and Mary Ann Zrolka. Lillian Lovchuk in memory of parents Fr. Averky and Matushka Marie Bondarchuk and husband Alexander Lovchuk. Julia Price in memory of parents Theodora and Peter Baysa and brother Wasil. Pachal Greetings from Arthur and Sophie Reilly. Mary Maksymiak in memory of her sister who died Feb. 28, 1997. Helen Cudlic in memory of Mary Sisko, brother Wash Fedora and daughter Nancy. Thomas Broslawik in memory of Mary Udics. Michael and Julia Prokopchak in memory of parents John and Helen Prokopchak and Samuel and Sophia Rypchuk. Alexander Lezinsky in memory of Mary and Mark Lezinsky. Velma Bova in memory of Gernat and Zedowski families.Olga Peck in memory of her aunt Matushka Anna Prislopsky. Andrew Tus in memory of wife Irene. Vera Utterback in memory of husband Basil. Christ is Risen greetings from Don and Carole Holobinko. Helen Lesko for continued health of Fr. and Matushka Stroyen. Helen Cudlic greetings Christ is Risen. Lenora Evancho prayers for health of Claudia Sulin, Dr. Joseph Repasky, Mildred Petrochuk, Helen Hunt, Marie Shirila Check, John Charitonovich, Aunt Cecelia Sulin on her 94th birthday, Father and Matushka Stroyen; and in memory of John and Anna Sulin, George and Helen Evancho, brothers and sisters of the Evancho family. Father and Matushka Stroyen in memory of Prof. Nenad and Tamara Popovic, Ph.D.

* * * * * *

The aim and final end of all music should be none other than the glory of God and the refreshment of the soul. If heed is not paid to this, it is not true music but a diabolical bawling and twanging.

Johann Sebastian



We all remember something we enjoyed eating as children. Then it seems to disappear and remains elusive for much of our life. We ask people how to make it, search in recipe books, all to no avail. One of these was the whole cabbage heads which were soured and then were used to roll holupki (cabbage rolls). I remember the slightly tart taste it gave the holupki. Since that time, I have tried using sauerkraut in the pot, but it was not the same. Finally, I found the recipe for souring a head of cabbage. I soured a head and made holupki. They were as good as I remembered from in my youth.

To Sour Head of Cabbage

1 large firm head of white cabbage
1 slice of rye brad
2 Tbls. salt (not iodized)

Rinse the cabbage under cold water. Remove any bruised leaves. Cut out most of the core. Lay the slice of rye bread at the bottom of a 2 gal. pottery or plastic container. Place the cabbage on the bread. mix the 2 Tbls. salt with 2 qts. (8 cups) cold water. Pour it over the cabbage. Add more water if necessary to cover cabbage. Place a heavy dish on the cabbage to keep it submerged. Cover with several kitchen towels and set in cool place for about 1 week. Remove cabbage from container. Drain by placing in colander and allowing it to stand a few minutes. Now handle the head of cabbage as you would if you were using a fresh head of cabbage to make cabbage rolls (holupki).

THE ORTHODOX HERALD
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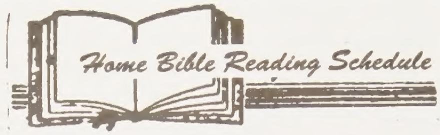
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JUNE 1997

1. **Acts 16:16-34**
2. Acts 17:1-15
3. Acts 26:1-5, 12-20
4. Acts 18:22-28
5. Acts 1:1-12
6. Acts 19:1-8
7. Acts 20:7-12
8. **Acts 20:16-18, 28-36**
9. Acts 21:8-14
10. Acts 21:26-32
11. Acts 23:1-11
12. Acts 25:13-19
13. Acts 27:1-44
14. Acts 28:1-31
15. **Acts 2:1-11**
16. Eph. 5:9-19
17. Roman 1:1-7, 13-17
18. Roman 1:18-27
19. Romans 1:28-2:9
20. Romans 2:14-29
21. Romans 1:7-12
22. **Heb. 11-33-12:2**
23. Romans 2:28-3:18
24. Romans 4:4-12
25. Romans 4:13-25
26. Romans 5:10-16
27. Romans 5:17-6:2
28. Romans 3:19-26
29. **Romans 2:10-16**
30. Romans 7:1-13

Ascension - 5th
Pentecost - 15th
Father's Day - 15th
Apostles Fast begins - 23rd

BIBLE STUDY

Jesus pointed His disciples to the birds of the air for a lesson dealing with anxiety. (Matt 6:26) The birds of the air do not worry because He feeds and cares for them and He certainly will do likewise for us.

I have always enjoyed watching the ducks and geese flying north in the spring, wondering just where they might be going and from where they have come. They look so graceful in flight.

There are some valuable lessons to be gained when one thinks of these flights, especially the flight of a flock of geese.

1. There is strength in numbers. The scientists who study such things have discovered that by flying in a flock the geese can fly 71 percent further than if they flew alone! As we read in Acts 2:46 this month "And day by day continuing with one mind ... TOGETHER" and in Hebrews 10:25 "not forsaking our own assembling TOGETHER." God knows that we can accomplish more when we work together, pray together and fellowship together. There is strength in numbers.

2. They help each other. The familiar V created by the flock causes a swath of air that gives each successive goose a lift. They also exchange places to let the lead goose rest. "Bear one another's burdens" (Gal. 6:2). We always need to be ready to help each other. We also need to assume the responsibility of leadership if needed from time to time.

3. The honking. The incessant honking of the geese is for orientation and encouragement. "Therefore encourage one another and build up one another." (1 Thess 5:11). What kind of honking do you do?

4. Drop-outs. When one goose has to drop out of rank because of sickness or injury, several others will drop out and stay with the sick or injured goose until it is back to health. "Brethren, if a person be overtaken in a trespass, you who are spiritual, restore such a one." (Gal. 6:1) With a spirit of concern and gentleness, God expects us to help restore the spiritual dropout.

Simple yet powerful lessons from a flock of geese flying north.

ASCENSION DAY

Ascension Day is celebrated forty days after Easter/Pascha and always falls on a Thursday. According to the Bible, on that day the Lord commissioned His Apostles to preach the Gospel to all nations; then, having blessed them, "He was lifted up before their eyes, and a cloud took Him out of their sight." (Acts 1:9)

Ascension Day is a prelude to Pentecost and since the first three centuries of the Church it was not celebrated as a separate Holy Day in the services of the Church but is included in the Pentecost. For example in the Matins for Ascension the chants are filled with allusions to the Spirit, the Comforter, whom Jesus will send.

From the forty days from Easter/Pascha to Ascension we remember Jesus in His "Resurrection Body." Meeting with His Apostles at various places. On Ascension Day we celebrate His return to the Father in heaven.

In the Acts of the Apostles (Acts 1:1-12) we read that Jesus took the disciples to a hill where He lifted up His hands and blessed them and was carried up to heaven in a cloud.

MISSION FUND

Sending copies to places other than Alaska to do Mission work by informing about our Orthodox Church are: Ann Daly, Dr. Ralph Slepecky, Dorothy Laskovich, Mary Reichenbach, Michael and Julia Prokopchak, Dr. and Mrs. Frank Rusinko, Jr., Ethel Watlock, John Hrapchak, George McDonald, Anonymous, Andrew Popovich, Julia Price, Anna Lelo, Angelyn Mitchell.

CHUCKLE

Can you imagine how many letters would have reached the Colossians or the Thessalonians if only St. Paul had used E-mail?